



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • November 2006



for family, friends and neighbors this Thanksgiving, Nov. 23.

Christmas Boxes Project

We will donate any and all items to a local charity in the community. If you have items, please bring them to the Donal Snyder Community Center before Dec. 8.

There will be no AARP meeting until further notice.

What's Inside...

- Movies & Popcorn
- Senior Luncheon
- November Classes & Happenings
- November Calendar
- More!

National Alzheimer's Month...

November is National Alzheimer's Disease Month, which was first established by former President Ronald Reagan in 1983. Alzheimer's can be a very isolating experience. People may turn inward and keep it behind closed doors instead of seeking help. If you know someone is impacted by Alzheimer's, make the first call to the Alzheimer's Association today at 1-800-272-3900.

© Alzheimer's Association, www.alz.org

Facts about Alzheimer's Disease and other dementia

- More than four million Americans over the age of 60 experience a world that offers little more than confusion and instability.
- For individuals with Alzheimer's disease and other dementia, the idea of past, present and future are no longer a solid base on which to rest their perception of reality.
- In 2000, it was estimated that 52,000 Mississippi citizens suffered from Alzheimer's disease or a related disorder.
- One in 10 people over the age of 65 is affected.
- Nearly 50% of all people age 85 and older may have symptoms of Alzheimer's disease.
- The disease lasts anywhere from two to twenty years.
- The majority of caregiving for the person with Alzheimer's disease is undertaken by the family.
- To fully understand the impact of this and related diseases, we must consider the physical, emotional and financial difficulty that caregivers/families must bear.
- 81% of caregivers are women in their mid-fifties, who provide 24-hour a day care for their family member.
- 33% of caregivers are the sole caretaker of the individual with Alzheimer's disease.
- 75% of family caregivers indicate the presence of some form of depression.
- The basic family caregiver spends at least 100 hours a week caring for the individual with Alzheimer's disease.
- If a family member does maintain a job outside of the home, reports show that they miss, on average, 17 or more working days per year – 36% report a loss in income.

For more information contact the department of Mental Health at 601-359-1288 or the Department of Mental Health Help Line at 1-877-210-8513

November is American Diabetes Month

Diabetes is a serious disease that affects the body's ability to produce or respond properly to insulin, a hormone that allows blood glucose (sugar) to enter the cells of the body and be used for energy. Nearly 21 million children and adults in the U.S. have diabetes. It is the fifth deadliest disease in the U.S. and it has no cure.

Every November, the American Diabetes Association encourages the public to learn more about diabetes and the risks associated with the disease. Visit the American Diabetes Association's website at www.diabetes.org for more information.

© American Diabetes Association



Movie & Popcorn!

Snyder Center,
Thursdays, 1:30 p.m.

November 2nd:

Click

with Adam Sandler, Kate Beckinsdale & Christopher Walken

November 9th:

The Break Up

Starring Vince Vaughn & Jennifer Aniston

November 16th:

Failure to Launch

with Matthew McConaughey & Sarah Jessica Parker

November 30th:

The Sentinel

with Michael Douglas, Kiefer Sutherland & Eva Longoria

All movies are rated PG-13 or PG. However, there may be some obscenities. All movies subject to change.

Newsletter Volunteers Needed:

Tuesday, November 28th, 10 a.m. at Snyder Center. Volunteers are needed to help fold, label & tape the **Top of the Hill** Newsletter.

Gwen Johnson
Recreation Specialist
2520 Pass Road
Biloxi, MS 39531
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Senior Luncheon & Monthly Speaker

Tuesday, November 14th • 11 a.m. - 12:30 p.m.

Donal Snyder, Sr. Community Center

The speaker for the month of November will be Dr. Vanessa Duncombe, MD Board Certified in Family Medicine, of Lakeview Family Medicine at 3680 Sangani Blvd, D'Iberville, MS. She will do a presentation on "The Flu & Pneumonia Season."

Health Screening - Prior to the luncheon at 10:30 a.m.

Sponsored by Biloxi Regional Medical Center

THOUGHT FOR THE DAY

"It's amazing what can happen if you just put your arm around somebody. It's the truest thing and the simplest thing that does the most good a lot of times, and I hope that we can all just reach out to each other." -Julia Roberts (American Actress)



November Classes & Happenings

- **Stretch & Strengthen Class:** Class is each Monday, Wednesday & Friday at 2 p.m. at Donal Snyder Community Center. This class promotes joint flexibility, endurance, muscle strengthening, coordination and increased range of motion. Class is free to adults.
Class is sponsored by the Arthritis Foundation - Take Control. We Can Help. The Mission of the Arthritis Foundation is to improve lives through leadership in prevention, control and cure of arthritis and related diseases.
- **Tai Chi Classes:** Class is every Tuesday at 10 a.m. Tai Chi is a gentle form of exercise for health and relaxation which originates from ancient China. Gentle flowing movements are combined with deep breathing exercises in order to cultivate the inner energy of the body. Daily practice of Tai Chi promotes mental clarity and a healthy body, assists with balance and helps the circulation of the blood.
- **Crafts Class:** Thursday, November 30th, 10 a.m. - Snyder Center
- **Bonco:** Tuesday, November 21st, 1 p.m. - Snyder Center
It's an easy game to learn as you play!
- **BINGO!** Monday, November 27th, 10 a.m. - Snyder Center
It's an easy game to learn as you play!

Please call 436-5191 to sign up for each class.




Walking Program for 55+ - Begins January 2007!

For more information, please contact Gwen Johnson at 228-435-6148.



November 2006

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Thanks To... 	Barbara Butiro, Patient Representative, Biloxi Regional Medical Center for doing the Health Screening in October		1 Stretch & Strengthen Class 2 p.m. <i>All Saints Day</i>	2 Movie & Popcorn 1:30 p.m.	3 Stretch & Strengthen Class 2 p.m.	4
5 Stretch & Strengthen Class 2 p.m.	6	7 Tai Chi Class 10 a.m. Pokeno 1 p.m. <i>Election Day</i> ★	8 Stretch & Strengthen Class 2 p.m.	9 Movie & Popcorn 1:30 p.m.	10 Community Center Closed City Holiday - Veterans' Day Observance	11 Community Center Open  Veterans' Day
12 Stretch & Strengthen Class 2 p.m.	13	14 Tai Chi Class 10 a.m. Health Screening 10:30 a.m. Senior Luncheon 11 a.m.	15 Stretch & Strengthen Class 2 p.m.	16 Movie & Popcorn 1:30 p.m.	17 Stretch & Strengthen Class 2 p.m.	18
19 Stretch & Strengthen Class 2 p.m.	20	21 Tai Chi Class 10 a.m. Bonco 1 p.m.	22 Stretch & Strengthen Class 2 p.m.	23 Happy Thanksgiving  ★Closed★ for Thanksgiving Holiday	24	25
26 BINGO! 10 a.m. Stretch & Strengthen Class 2 p.m.	27 Tai Chi Class 10 a.m. Craft Class 10 a.m. Newsletter Volunteers Needed: 10 a.m.	28	29 Stretch & Strengthen Class 2 p.m.	30 Craft Class 10 a.m. Movie & Popcorn 1:30 p.m.	All programs will take place at the Donal Snyder, Sr. Community Center located at 2520 Pass Road. All classes and programs are subject to change and changes will be posted at the City of Biloxi's Community Centers. Prior notice will be given if possible.	

Recreation Office:
435-6148

Donal Snyder Sr.
Community Center:
436-5191

Director of Parks & Recreation:
Nathan Sullivan
Assistant Director
of Parks & Recreation:
Sherry Bell
Recreation Specialist:
Gwen Johnson

— ● —
Mayor A.J. Holloway
and the
Biloxi City Council

George Lawrence
William "Bill" Stallworth
Charles T. Harrison Jr.
Mike Fitzpatrick
Tom Wall
Edward "Ed" Gemmill
David Fayard

Recipe of the Month

Asparagus Casserole

- 1 can Asparagus pieces
- 1 can Pimento pieces
- 1 can Cream of Celery Soup
- 2 hard-boiled Eggs - diced (optional)
- 1 cup grated Cheese

Grease casserole dish. Drain Asparagus and Pimento, mix with eggs and pour into dish. Top with Celery Soup and sprinkle with Cheese. Bake at 325 degrees for 30 minutes or until cheese is brown.

- Verna Lamas, Biloxi, MS

Are you in the loop?

Sign up at <http://biloxi.ms.us> for the most current news about your city.



Donal Snyder Sr.
Community Center
2520 Pass Road
Biloxi, MS 39531

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